GROUP FITNESS SCHEDULE

JANUARY 21ST - MARCH 18TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		7:15a MEDITATION	6:30a (60 MINUTE) YOGA		
					11a BARBELL STRENGTH
	12:15p (45 MINUTE) YOGA				11:45a CORE 360
			4p INSANITY®	3:30p CORE 360	12n YOGA
	4p INSANITY®	3:30p YOGA	4:30p CORE 360	3:45p BELOW THE BELT	SATURDAY YOGA 8a - 9a (These dates only) February 15th March 14th April 18th May 9th (free day with hawk card)
	4:30p TRX®	4:30p CORE 360	4:45p P90X®	4:15p ANYTHING GOES	
5:30p INSANITY®	5:15p CORE 360	4:45p INSANITY®	5:30p GROUP STRENGTH	5p P90X®	
6p - 7:15p YOGA+	5:30p P90X®	5:15p STEP	6:15p CORE 360	5:45p TOTAL TRX	
	6:15p STEP	6p TRIPLE THREAT	6:30p BELOW THE BELT	6:30p INSANITY®	
	7p YOGA	7p PiYo™	7p YOGA	7p YOGA	

GROUP INDOOR CYCLING

WATER BOTTLE REQUIRED!

Located in the University Fitness Center, basement of Wells Hall. Day of RESERVATIONS are highly recommended to **guarantee** yourself a Bike, call 472-1260 to reserve your bike today.

5:30p	5:30p	6:30a & 5:30p	4p (45 MINUTE)	5:30p (45 MINUTE)	

CLASS DESCRIPTIONS

Anything Goes: Check out this 45 minute class featuring a different surprise format each week!

Below the Belt: This 30 minute class follows the format of Group Strength but targets the lower body. It is designed to tone and tighten everything below the belt!

Core 360: This FREE 15 minute abs class is open to everyone. A fun and challenging way to tighten and tone your tummy!

Cycling: Come and get the workout of your life! This class is designed to push you to the limit of your cardiovascular fitness. Low-impact, but high intensity! Water bottles are required. Located in the University Fitness Center, basement of Wells Hall. Reservations are highly recommended. (45 and 60 minute format) ***Call ahead to reserve a spot: 262-472-1260***

Barbell Strength: This 45 minute class focuses on building full body strength through the use of barbells and plates. Great for everyone of every fitness level!

Group Strength: New to strength training or looking to CHANGE UP your CURRENT ROUTINE? Group Strength offers a non-intimidating environment to help shape your body! (45 minute format)

Insanity®: A fun filled, action packed cardio based, total-body conditioning workout that provides a wide range of modifications for all levels of fitness. (30 minute format)

Meditation: Calm your mind, settle your body and find a softer focus to your day in this 20 minute guided meditation session. All experience levels are welcome as we transcend into a deep rest while bringing your mind to higher state of self-awareness, recharging yourself mentally and physically.

P90X®: Total-body strength and cardio-conditioning workouts inspiring group camaraderie to help people achieve their desired fitness levels. (45 minute format)

PiYo™: An athletic blend of Yoga, Pilates, strength conditioning, flexibility and dynamic balance movements and poses (60 minute format)

Step: Whether you are a beginner or an advanced stepper this tried and true fitness staple uses basic to advanced step moves to challenge all levels of participants. (45 minute format)

Total TRX: This functional strength class offers a challenging and motivational environment to push your body to its limits! (45 minute format)

Triple Threat: This new format combines 20 minutes of strength training, with 20 minutes of high intensity cardio and sport based movements, followed by 20 minutes of Yoga. (60 minute format)

TRX® Suspension Trainer: TRX® leverages gravity and bodyweight, activating your core to help strengthen and increase range of motion throughout your body. *User's hands and feet are supported by a single anchor point while the opposite end of the body is in contact with the floor. (45 minute format)

Yoga: Connect your mind and body while promoting muscular strength, endurance, and flexibility. "Lengthening while strengthening!" Namaste! (45 or 60 minute format, Yoga + is a 75 minute format and would include some meditation)

ATHLETIC CLOTHING AND ATHLETIC SHOES ARE REQUIRED!

Semester Schedule

Free Week!	January 21st - 26th
Session 1	January 21st - March 18th
Session 2	March 30th - May 9th
Saturday Yoga 8a - 9a	February 15th, March 14th, April 18th, May 9th (free day with Hawk Card on May 9th only)
NO CLASSES	February 2nd, March 19th - 29th, April 10th, April 12th

Warhawk Fitness & Aquatics

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